



Friends of Science in Medicine

26 November 2021

**Looking for Christmas presents?
Here are some great books!**

Looking for a present? Why not give a book?

Below is a selection covering critical thinking, science, stem cells, diet, veterinary medicine and 'alternative medicine'.

Bad Science: Ben Goldacre

Ben Goldacre's wise and witty bestseller, shortlisted for the Samuel Johnson Prize, lifts the lid on quack doctors, flaky statistics, scaremongering journalists and evil pharmaceutical corporations.

Full spleen and satire, Ben Goldacre takes us on a hilarious, invigorating and ultimately alarming journey through the bad science we are fed daily by hacks and quacks.



Curious Recollections: Life in the Curiosity Show: Rob Morrison

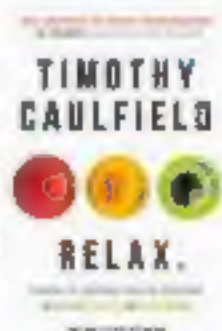
Every child who grew up in Australia in the 70s and 80s remembers Curiosity Show, the science show that encouraged kids to build their own experiments at home. Running for 18 years, it was a groundbreaking television production, winning awards and screening into homes around the world.

For fans new and old alike, this is a wonderful peek into one of Australia's most beloved television shows



Relax: Timothy Caulfield

An entertaining and practical guide to getting through the day with less stress and better health. We make thousands of decisions every day. Making so many decisions is tough and can lead to fatigue and making poor decisions. And the more deliberate the decision, or the more we need to think about it, the more fatiguing the process. But it doesn't have to be.



Chiropractic: Not All That It's Cracked Up to Be: Edzard Ernst

Of all forms of alternative medicine, chiropractic is the one that is most generally accepted. In the UK, for instance, chiropractors are regulated by statute and even have their own 'Royal College of Chiropractic'. In the US, chiropractic's country of origin, most chiropractors carry the title 'doctor' and many consumers believe they are medically trained.

However, the claims and assumptions made by chiropractors are far from evidence based.



Fake Medicine: Brad McKay

We all want to live healthier, happier and longer lives, but too many of us are charmed by charlatans, misled by marketing or scammed by sciencey-sounding salespeople. Too often, we place our trust in online influencers, celebrities and Dr Google when it comes to making important health decisions. Fake Medicine explores the potential dangers of wellness warriors, anti-vaxxers, fad diets, dodgy supplements, alternative practitioners and conspiracy theories.



Flesh Made New: John Rasko and Carl Power

The dazzling promise of stem-cell medicine: does it work and will it save us? Two experts look at the hype. For decades, we've been anticipating the dawn of regenerative medicine. Again and again, we've been promised that stem cells will soon cure just about every ill imaginable. If not tomorrow, then the next day, or the day after that, and so on. We're still waiting.



Friendly food: Rob Loblay, Velencia Soutter and Anne Swain

It includes delicious recipes for vegetarian dishes, salads, stir-fry, risotto and pasta sauces, designed to help anyone with a food intolerance or food allergy-infant, child or adult-avoid trigger foods, stay well and enjoy a full and rich life. Drawing on more than 30 years of research at the Royal Prince Alfred Hospital Allergy Unit and the University of Sydney, the expert guidance is accessible, authoritative and clinically endorsed.





So-Called Alternative Medicine (SCAM) for Cancer: Edzard Ernst

Cancer victims are bombarded with misleading information about alternative medicine. Many such treatments try to sell false hope at inflated prices, and many promise a cure without side-effects. This book explains why alternative cancer cures are a fallacious concept. However, it also outlines the important role of alternative medicine in supporting cancer patients and improving their quality of life.



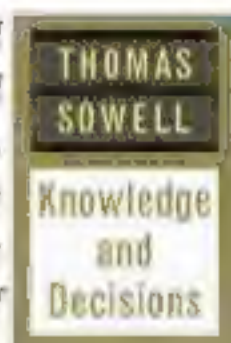
One Welfare in Practice: The Role of the Veterinarian: Tanya Stephens

Animal welfare has long been recognised as central to the role of the veterinary professional, but this is increasingly aligned with the welfare of humans and the broader environment in which we co-exist. This is the first book dedicated to the role of the veterinarian in One Welfare, a concept that recognises the interconnections between animal welfare, human wellbeing, and the environment.



Knowledge And Decisions: Thomas Sowell

Sowell describes in concrete detail how knowledge is shared and disseminated throughout modern society. Knowledge and Decisions, a winner of the 1980 Law and Economics centre Prize, was heralded as a "landmark work" and selected for this prize "because of its cogent contribution to our understanding of the differences between the market process and the process of government."



Evidence-Based Medicine: Sharon Straus, Paul Glasziou, W Scott Richardson and R. Brian Haynes

How to practise and Teach. Now in its fifth edition, this classic introduction to the practice and teaching of evidence-based medicine is written for busy clinicians at any stage of their career who want to learn how to practise and teach evidence-based medicine (EBM). It is short and practical, emphasizing direct clinical application of EBM and tactics to practise and teach EBM in real-time.



Testing Treatments: Hazel Thornton, Iain Chalmers and Imogen Evans

Promoting critical thinking about treatment claims.

Claims about what might improve or harm health are everywhere.

Many treatment claims are untrustworthy, however unwarranted faith in untrustworthy claims causes people to suffer by using ineffective or harmful treatments, or failing to use effective ones.



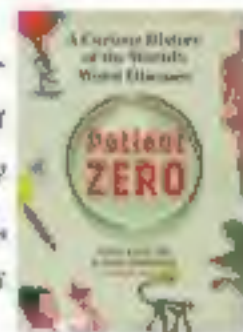
Why smart women make bad decisions: Annie McCubbins
How Critical Thinking Can Protect Them.

A laugh out loud, narrative-driven self-help book. Think Bridget Jones gets a critical makeover. In the #MeToo era, there is a strong expectation that women should increase their agency in the world. The self-help industry continues to promise empowerment and the recipe for self-acceptance, while delivering precious little of either. This book change that.



Patient Zero: A Curious History of the World's Worst Diseases: Lydia Kang and Nate Pedersen

Patient Zero tells the long and fascinating history of disease outbreaks—how they start, how they spread, the science that lets us understand them, and how we race to destroy them before they destroy us. Includes stories of outbreaks (and their patient zeros), plus chapters on the science, culture, and cures for different types of epidemics and pandemics. Popular reading on a timely topic.



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